

USDA National Nutrient Database for Standard Reference Release 27

Statistics Report 15134, Fish, wolffish, Atlantic, raw

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	79.90	--	0.764	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Energy	kcal	96	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Energy	kJ	402	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	17.50	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Total lipid (fat)	g	2.39	--	0.542	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Ash	g	1.16	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Minerals													
Calcium, Ca	mg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Iron, Fe	mg	0.09	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Magnesium, Mg	mg	30	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Phosphorus, P	mg	200	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Potassium, K	mg	300	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987

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Sodium, Na	mg	85	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Zinc, Zn	mg	0.78	60	0.033	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Copper, Cu	mg	0.029	58	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Manganese, Mn	mg	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Selenium, Se	µg	36.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Thiamin	mg	0.180	--	0.021	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Riboflavin	mg	0.080	--	0.006	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Niacin	mg	2.133	--	0.203	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Pantothenic acid	mg	0.570	--	0.040	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Vitamin B-6	mg	0.400	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Folate, total	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Folate, DFE	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-12	µg	2.03	--	0.145	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Vitamin A, RAE	µg	113	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	113	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Vitamin A, IU	IU	375	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Lipids													
Fatty acids, total saturated	g	0.365	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
14:0	g	0.066	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:0	g	0.253	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:0	g	0.046	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total monounsaturated	g	0.837	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:1 undifferentiated	g	0.189	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:1 undifferentiated	g	0.516	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:1	g	0.114	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:1 undifferentiated	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total polyunsaturated	g	0.845	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:2 undifferentiated	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:3 undifferentiated	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:4	g	0.061	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:4 undifferentiated	g	0.089	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:5 n-3 (EPA)	g	0.307	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:5 n-3 (DPA)	g	0.043	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:6 n-3 (DHA)	g	0.316	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cholesterol	mg	46	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Amino Acids													
Tryptophan	g	0.196	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Threonine	g	0.767	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Isoleucine	g	0.806	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Leucine	g	1.422	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lysine	g	1.607	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Methionine	g	0.518	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cystine	g	0.188	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Phenylalanine	g	0.683	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Tyrosine	g	0.591	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Valine	g	0.902	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Arginine	g	1.047	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Histidine	g	0.515	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Alanine	g	1.058	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Aspartic acid	g	1.792	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glutamic acid	g	2.612	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glycine	g	0.840	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Proline	g	0.619	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Serine	g	0.714	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	09/1987